

Soy & Soy Products

Soybeans are legumes. Other foods in the legume family include navy beans, kidney beans, string beans, black beans, pinto beans, chickpeas (garbanzo or chichi beans), lentils, carob, licorice and peanuts. Many people are allergic to more than one legume. Examples of soy products:

Soy & Soy products:

Soy curds
Soy flour
Soy fruits
Soybean granules
Soy milk
Soy nuts
Soy sprouts

Products that may contain soy:

Miso
Soy sauce
Tofu (as an ingredient, may have soy protein)
Tamari
Tempeh
Vegetable broth

Ingredients to look for:

Hydrolyzed plant protein
Hydrolyzed soy protein
Hydrolyzed vegetable protein
Natural & artificial flavoring (soy based)
Soy protein
Textured vegetable protein (TPV)
Vegetable gum
Vegetable starch

Diet Tip: Soybeans are widely used in processed food products. Found in many baked goods, cereals, crackers, infant formula, sauces and soups. Soy is sometimes used as a meat extender in prepared meats, such as sausages or deli meats.

Peanuts & Products

A common food allergens. Peanut allergies are among the most serious (potentially fatal) food allergies. Examples of peanut products and foods containing peanuts:

Peanut products:

Cold-pressed peanut oil
Expressed peanut oil
Peanut butter
Peanut flour

Foods containing peanuts:

Artificial nuts
Cookies, pastries
Candy
Egg rolls
Ground nuts
Marzipan
Mixed nuts
Nougat

Ethnic dishes

African, Chinese, Thai

Ingredients to look for:

Hydrolyzed plant protein
Hydrolyzed vegetable protein

Diet Tip: Many prepared foods, baked goods, candy and ethnic foods can contain peanuts if products containing peanuts are prepared in the same place. Always be alert for this possibility and the risk of a reaction.

Tree Nut Allergy Products

There's a risk of cross contamination during the processing of nuts in foods. So many allergists recommend staying away from all tree nuts and all products listing "nuts" as an ingredient, even if you are allergic to only one type of nut. Examples of tree nuts and tree nut products:

Nuts:

Almonds
Brazil nuts
Cashews
Chestnuts
Filberts
Hazelnuts
Hickory nuts
Macadamia nuts
Pecans
Pine nuts
Pistachios
Walnuts

Tree Nut Products:

Marzipan/Almond paste
Nougat
Artificial Nuts
Nut butters (eg. cashew butter)
Nut oil
Nut paste (eg. almond paste)
Nut extracts (eg. almond extract)

Diet Tip: Tree nuts are sometimes used in lotions and shampoos. Check product labels on these products.

